**First Nations Health Practices**

<http://www.sixnationsfarmersmarket.com/foods_medicines_traditional_plants.php> Gives info of different plants/herbs for ailments.

<https://www.med.uottawa.ca/sim/data/Aboriginal_Medicine_e.htm> Talks about other ceremonies used by First Nations people to be healthy.

<http://www.naho.ca/blog/2011/07/25/holistic-health-and-traditional-knowledge/> Some background about Traditional healing practices.

http://www.benoitfirstnation.ca/traditional\_medicine\_list.html